



## Seed Starter Project Directions and Advice

- A packet of seeds often yields much more than you will need.
- Don't start your seeds too early, especially tomatoes! Most annual flowers and vegetables should be sown indoors about 6 weeks before the last frost in your area. Approximately mid-May here in WI
- You may have to soak, scratch, or chill seeds before planting, as directed on packet.
- Make and use biodegradable mini seed holders from up cycled toilet paper/toweling holders and wrapping paper rolls. (See "How to Make Seedling Pots")
- Label your containers now! There's nothing more frustrating than forgetting what you planted.
- Use soilless peat moss and mix in equal parts vermiculite and perlite to hold enough water and allow oxygen to flow. Don't use potting soil. Soil based medium is heavy and while peat moss can be difficult to wet, once it is wet it retains water like a sponge thus reducing drainage of water from the soil. Seedlings grown in a peat mixture can develop strong roots and are less prone to contracting disease from the mix.
- Pour soilless mix into a large bucket and moisten with warm water.
- Fill the little cardboard containers just below the rim, with seedling mix.
- Plant your seeds according to your seed packet. Most seeds can simply be gently pressed into the mixture; you can use the eraser end of a pencil to push in seeds.

**Seed Tip:** When planting seeds, plant the largest seeds in the package to get the best germination rate.

- Cover containers with plastic. Prick holes with a toothpick for ventilation. Water as directed.
- Water newly started seedlings carefully. A pitcher may let the water out too forcefully. A mist sprayer is gentle but can take a long time. Try using a meat-basting syringe, which will dispense the water effectively without causing too much soil disruption.

- Find a place in the kitchen where there is natural bottom heat—on top of the refrigerator or near the oven. (Move the tray if the oven is on, as it may become too hot.) Also available to purchase are electronic seed mats that will regulate the temperature of the planted seeds.
- Seeds sprout best at temperatures of 65 to 75°F (18 to 24°C).
- When seedlings appear, remove the plastic and move containers into bright light.

**Remember:** This little baby hasn't known a single day of outside sunshine. Please introduce it slowly to the harsh, real world. They aren't used to environmental changes in temperature or strong sunlight. A north facing, covered porch shaded with some indirect light for a few days would be a beautiful introduction for this new, fresh life.

On the first day of spring (using your discretion) you can take your seedling out for a few hours to expose it to the sun. During the 1<sup>st</sup> week, water less frequently to allow the plants to get used to the amount of moisture they will receive in your garden.

When the seedlings get their second pair of leaves, prepare individual pots filled with a potting mix with plenty of compost. Open the flaps on the bottom of the cardboard tube and plop the entire thing (plant and cardboard tube) into the larger container of soil (think 4" transplant pot)

- Move the seedlings carefully to the new pots and water well or transplant into your garden (approximately 2-4 weeks after seeds germinate.)
- The cardboard roll will break down and become overcome with the new little roots in no time!



## Resources

### Agriculture

<http://www.truth-out.org/news/item/14279-the-terrorism-of-stealth-petrochemicals> re: use of chemicals harmful to Earth and all living things—to grow food

### Alternate Energies

[www.greenalphaadvisors.org](http://www.greenalphaadvisors.org)

[www.greenenergyinitiative](http://www.greenenergyinitiative)

[www.centralWIrenewableenergy.org](http://www.centralWIrenewableenergy.org)

[www.greenenergyprograms](http://www.greenenergyprograms) in WI

[www.midwestrenewableenergy.org](http://www.midwestrenewableenergy.org)

[www.WIgreenenergydirectory](http://www.WIgreenenergydirectory)

[www.RENEWwisconsin.org](http://www.RENEWwisconsin.org)

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[mmcduff@warren-wilson.edu](mailto:mmcduff@warren-wilson.edu); Included Sunseed (predecessor of The EDGE in her book: Natural Saints: How People of Faith Are Working to Save God's Earth)
- See attached listing of books and DVDs for additional suggested readings
- Films can be accessed from [www.youtube.com](http://www.youtube.com);

### Biodiversity

[www.nwf.org/Wildlife/Wildlife-Conservation/Biodiversity.aspx](http://www.nwf.org/Wildlife/Wildlife-Conservation/Biodiversity.aspx)

[www.project@biodiverse.org](http://www.project@biodiverse.org)

### Birds

Birds of Paradise as example of evolution:

[http://www.cornell.edu/video/?videoID=2398&utm\\_source=cornellcast\\_weekly\\_update&utm\\_medium=email&utm\\_campaign=2398](http://www.cornell.edu/video/?videoID=2398&utm_source=cornellcast_weekly_update&utm_medium=email&utm_campaign=2398)

Birds and Wind Energy: [www.awea.org/Issues/Content.aspx?ItemNumber=856](http://www.awea.org/Issues/Content.aspx?ItemNumber=856)

### Carbon Footprint (Tools to Measure)

[www.carbonfootprint.com/calculator.aspx](http://www.carbonfootprint.com/calculator.aspx)

<http://greenliving.nationalgeographic.com/measure-carbon-footprint-2582.html>

[http://www.ehow.com/how\\_4900742\\_measure-carbon-footprint.html](http://www.ehow.com/how_4900742_measure-carbon-footprint.html)

<http://www.nature.org/greenliving/carboncalculator/index.htm>

### Children

[joann@joannmacken.com](mailto:joann@joannmacken.com)

[www.weatherwizkids.com/optical](http://www.weatherwizkids.com/optical)

[www.universestories.com](http://www.universestories.com)

[thegreatstory.org/beads-curric.pdf](http://thegreatstory.org/beads-curric.pdf)

[www.infinityfoundation.com/univ.htm](http://www.infinityfoundation.com/univ.htm)

[www.forsmallhands.com/ideas-insights/cosmic-education](http://www.forsmallhands.com/ideas-insights/cosmic-education)

[www.esa.int/esaKIDSen/StoryoftheUniverse.html](http://www.esa.int/esaKIDSen/StoryoftheUniverse.html)

### **Conflicts**

<http://www.ejatlas.org/>: details ecological conflicts throughout the world and what the resource is

### **Earth Day**

[www.earthday.net](http://www.earthday.net) (Educators Network)

[www.earthdaynetwork.org](http://www.earthdaynetwork.org)

[www.pagan-wiccan-practice.suite101.com](http://www.pagan-wiccan-practice.suite101.com)

[www.earthdayconnect.org](http://www.earthdayconnect.org)

### **Earth Consciousness**

[www.planeteearthclips](http://www.planeteearthclips)

[www.unmultimedia.org](http://www.unmultimedia.org)

[https://www.youtube.com/embed/XE0aAZE0kp4?feature=player\\_embedded](https://www.youtube.com/embed/XE0aAZE0kp4?feature=player_embedded)

(indicates size of Earth in comparison to rest of solar system and to largest known star)

### **Futurists/Paradigm Shift**

[www.peterrusseldreamhosters](http://www.peterrusseldreamhosters)

[www.frontiermentality.org](http://www.frontiermentality.org)

[www.worldchanging.com](http://www.worldchanging.com)

[www.theshiftmovie.com](http://www.theshiftmovie.com)

*[International Jesuit Ecology Project \(IJE\)](#)*

### **Food Issues**

[www.foodsecurity.org](http://www.foodsecurity.org)

[www.sustainabletable.org](http://www.sustainabletable.org)

[www.takeabite.cc/act](http://www.takeabite.cc/act)

[www.eatwellguide.org](http://www.eatwellguide.org)

[www.eatlowcarbon.org](http://www.eatlowcarbon.org)

[www.coolfoodscampaign.org](http://www.coolfoodscampaign.org)

[www.lovefoodhatewate.com](http://www.lovefoodhatewate.com)

[www.meatlessmonday.org](http://www.meatlessmonday.org)

[www.eaggrub.org](http://www.eaggrub.org)

[www.localharvest.org](http://www.localharvest.org)

[www.foodroutes.org](http://www.foodroutes.org)

[www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)

[www.growfood.org](http://www.growfood.org)

[www.icppc.pl.org](http://www.icppc.pl.org)

[www.ran.org](http://www.ran.org)

[www.carbonfarmersofamerica.com](http://www.carbonfarmersofamerica.com)

[www.plantphysiol.org/content/123/4/1201.full](http://www.plantphysiol.org/content/123/4/1201.full)

[gmo-awareness.com/all-about-gmos/gmo-fda](http://gmo-awareness.com/all-about-gmos/gmo-fda)

[www.Nwei.org](http://www.Nwei.org) (Northwest Earth Institute weekly series of study guides: [Menu for the Future](#))

Global Food Waste: <http://sonnenseite.kjm4.de/r/e1a726119616ms394.html>

### **Gardening**

There are multiple resources in book stores, libraries and on line; therefore we are not listing resources here.

### **General Ecology**

[www.NWEI.org](http://www.NWEI.org): Northwest Earth Institute—has study books for group discussion on various topics

<https://groups.google.com/forum/?fromgroups#lmsg/solidarity-sustainability/pxuvPthDCek/P6EI8SVhzlsJ>

This is the Pelican and contains TONS of articles, resources and assistance in writing newsletter. It is SPECTACULAR!

### **Global Warming**

[http://www.ucsusa.org/global\\_warming/science\\_and\\_impacts/impacts/](http://www.ucsusa.org/global_warming/science_and_impacts/impacts/)

(May 7, 2014); numerous effects of global warming)

<http://thegreatstory.org/new.html> tons of resources from Michael Dodd

[www.stopglobalwarming.org](http://www.stopglobalwarming.org)

[www.earthguagenews.org](http://www.earthguagenews.org)

Maureen McCarthy

[mmcarthy@sssf.org](mailto:mmcarthy@sssf.org)

W: 414-384-1515

H: 414-486-1615

<http://news.yahoo.com/blogs/around-the-world-abc-news/extreme-global-weather-unprecedented-normal-022221532.html>

Sharon Astyk: author of “Depletion and Abundance”

<http://truth-out.org/opinion/item/13231-learning-from-europes-energy> Re: Tax Tariff

United Nations Environment Programme: see global climate change

Pope Francis Encyclical (June 18, 2015)

Also check on line, in local libraries and book stores as there are multiple resources

### **Great Lakes**

[www.listentoyourlakes.org](http://www.listentoyourlakes.org)

[great-lakes.net](http://great-lakes.net)

[www.epa.gov/greatlakes/index.html](http://www.epa.gov/greatlakes/index.html)

[www.epa.gov/greatlakes/basicinfo.html](http://www.epa.gov/greatlakes/basicinfo.html)

### **Great Lakes Compact**

[www.greatlakes.org/compact](http://www.greatlakes.org/compact)

[www.nwf.org/.../Waters/Great-Lakes/Great-Lakes-Compact.aspx](http://www.nwf.org/.../Waters/Great-Lakes/Great-Lakes-Compact.aspx)

### **Labyrinth Resources**

[www.ispiritual.com](http://www.ispiritual.com)

[labyrinthsociety.org/resources](http://labyrinthsociety.org/resources)

<https://labyrinthsociety.org>

### **Laws: Right of Nature to Exist**

Center for Jurisprudence:

<https://www.youtube.com/watch?v=halZTRtvIPw>

### **Living Simply**

<http://ecojesuit.com/living-lightly-and-lovingly/4830/>

[zenhabits.net/simple-living-mani](http://zenhabits.net/simple-living-mani)

[simply-living-simply.com](http://simply-living-simply.com)

[theartofsimple.net](http://theartofsimple.net)

### **Magazines/News**

[www.EcoHomeMagazine.org](http://www.EcoHomeMagazine.org)

[www.earthpolicynews](http://www.earthpolicynews) (Lester Brown)

YES Magazine

Catalyst (Union of Concerned Scientists)

Sierra

Kosmos

Mother Pelican

Mother Earth News

### **Mandalas**

[www.expressingthe self.org](http://www.expressingthe self.org)

[www.mandalaproject.org/What/Index.html](http://www.mandalaproject.org/What/Index.html)

[www.hellokids.com](http://www.hellokids.com) › [Coloring pages](#)

[mandalaproject.org](http://mandalaproject.org)

### **Nature Sites**

Check out your local area

### **Paradigm Shift**

[www.ions.org](http://www.ions.org)

[The International Society for Ec@mail.vresp.com](http://The International Society for Ec@mail.vresp.com)

[www.taketheleap.com/define.html](http://www.taketheleap.com/define.html)

### **Pollution**

[environment.nationalgeographic.com/.../pollution-overview](http://environment.nationalgeographic.com/.../pollution-overview)

[www.worldwildlife.org](http://www.worldwildlife.org)

[www.theguardian.com/environment/pollution](http://www.theguardian.com/environment/pollution)

[plastic-pollution.org](http://plastic-pollution.org)

[www.nrdc.org/oceans/plastic-ocean](http://www.nrdc.org/oceans/plastic-ocean)

[ecowatch.com/2014/04/07/22-facts-plastic-pollution-10-things-can](http://ecowatch.com/2014/04/07/22-facts-plastic-pollution-10-things-can)

## Tree Planting

[tree-planting.com](http://tree-planting.com)

[www.arborday.org/trees/tips/planting.cfm](http://www.arborday.org/trees/tips/planting.cfm)

[www.arborday.org](http://www.arborday.org)

[www.treesforthefuture.org](http://www.treesforthefuture.org)

## Universe Story

[www.storyoftheuniverse.org](http://www.storyoftheuniverse.org)

[www.amazon.com/The-Universe-Story-Primordial-Celebration/dp/0062508350](http://www.amazon.com/The-Universe-Story-Primordial-Celebration/dp/0062508350)

[www.nasa.gov/externalfash/mather](http://www.nasa.gov/externalfash/mather)

[www.goodreads.com/book/show/981818](http://www.goodreads.com/book/show/981818)

[www.mehstories.com/myspecial.html](http://www.mehstories.com/myspecial.html)

<http://marcbrecy.perso.neuf.fr/history.html>

(a two minute video on the beginnings, the history of Earth, humankind, our violence and spiraling ecological decay)

<http://www.thomasberry.org/Biography/reflections.html>

## Water Footprint Calculator

<http://gracelinks.org/1408/water-footprint-calculator>

<http://libertywater.com/?q=content/water-footprint-calculator>